



2018-2019

NEWNHAM MCR HANDBOOK

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Hello and Welcome!

from Sam, the MCR President

Hi everyone!

I'm Sam, the MCR (graduate body) President for 2017-18. Firstly welcome to Newnham and Cambridge! Congratulations on what is an amazing accomplishment. You should be very proud of all your hard work to make it to Cambridge, and Newnham. You're joining a wonderful college with a rich history. Founded in 1871 by the suffragette Millicent Garrett Fawcett, as one of the first women's colleges in Cambridge, Newnham has a strong legacy of championing women's education and rights; boasting notable alumni such as Dorothy Garrod, Rosalind Franklin, Mary Beard, Diane Abbott, Emma Thompson, Sylvia Plath, Jane Goodall, and Clare Balding. Welcome to a community of brilliant, inspiring women!

No matter where you're moving from, or how long you're here for (9 months, 1 year, 3 years, or more) I hope you'll soon find Newnham the home away from home that I do. Myself and many of the committee members have moved to Cambridge from overseas, or elsewhere in the UK, so we understand how exciting and terrifying the transition can be. The team is here to make your move to Newnham and time in Cambridge as smooth and as fun as possible. If you have any questions please don't hesitate to get in touch!

We have a great line up of activities for Welcome Week, and we hope you're as jazzed for October as we are!

I hope this handbook will be a good, quick introduction to college life, by students for students. We have more information on the MCR and college websites (see the last page of this handbook). Also find us on our Facebook pages (search 'Newnham College MCR' and 'Newnham MCR Freshers 2018-19') and Instagram (@newnham_mcr) to get in touch with the committee and other students. You'll also be hearing from us by email early in term, so keep an eye on your inboxes!

I can't wait to meet everyone very soon, and until then, please do contact me via mcr.president@newn.cam.ac.uk or via the MCR social media pages if you are confused or need more info. Lastly - enjoy your time here and have fun!

Love, Sam

Cambridge Dictionary

Backs: The area of town between the river and Queen's Road, the footpaths give lovely views of the backs of lots of the river colleges, including King's Chapel.

Blue: An award given to those who represent Cambridge in a varsity match against Oxford. Some sports give a full blue and some a half blue. Having a blue gives you the right to wear a Cambridge Blue blazer.

Boatie: Someone who rows for their college or the university boat club.

Buttery: Refers to the cafeteria in a college. Has nothing to do with butter!

Plodge: Porter's lodge, this is where you will head first to pick up your room keys. The Newnham porters are lovely and they are responsible for security in the college as well as dealing with visitors and post.

Pidge: Pigeon hole, this is where any letters you receive at Newnham will be stored for you to pick up. The pigeon hole room is in the porter's lodge and is card access only. Any packages too large to fit in your pigeon hole will be held securely by the porters and they will send you an email to let you know it has arrived.

JCR/MCR/SCR: Refers to the Junior, Middle and Senior Combination rooms, can be used to refer to undergraduate students, graduate students and fellows respectively, as well as the common rooms used by each group.

Gown: This is the name given to formal academic robes that go over your clothes, a gown is worn for formal events such as matriculation, graduation and formal halls.

Matriculation: Formal registration as a member of the college, at Newnham this involves signing your name into the college book.

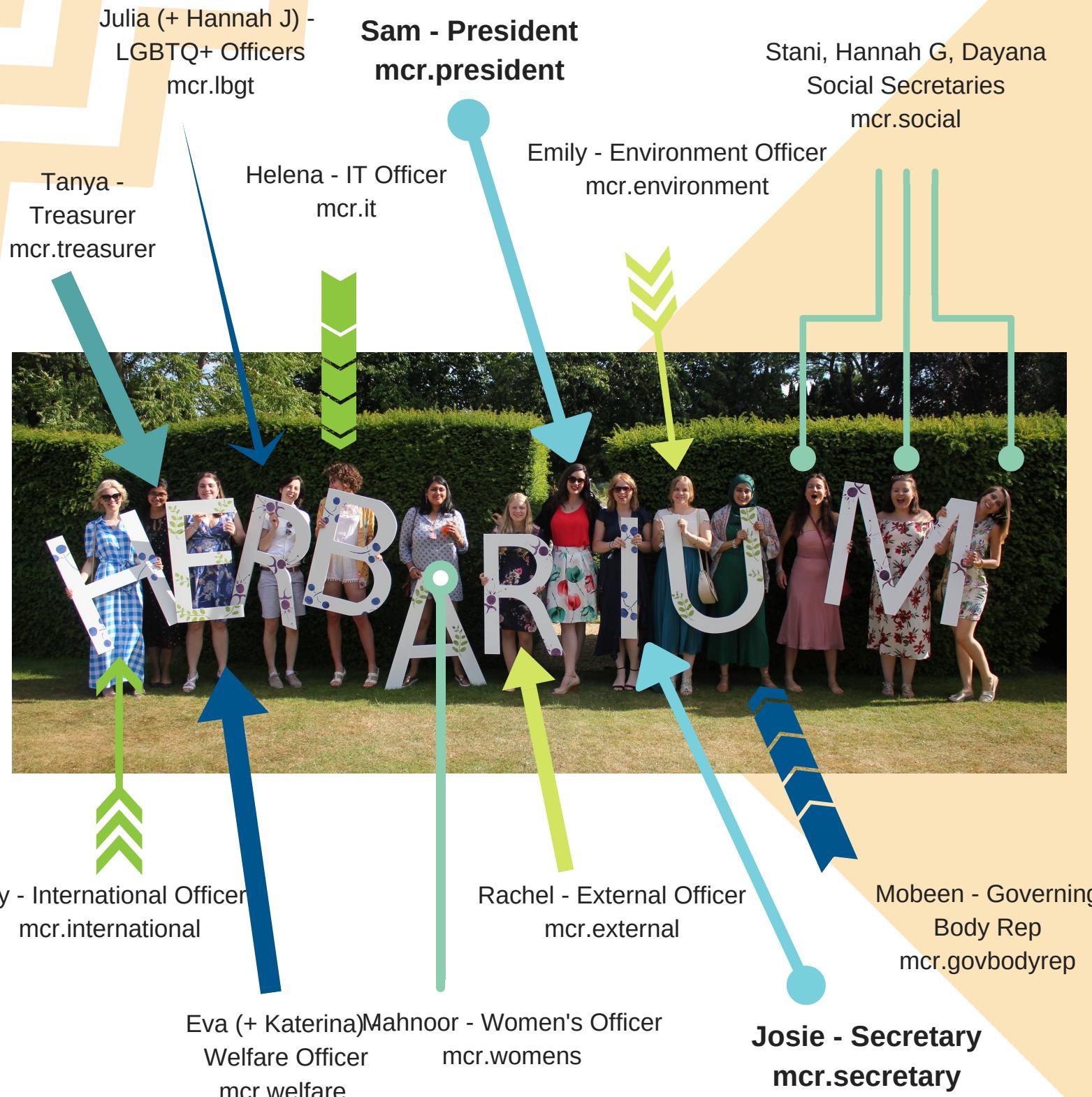
May Week: A celebration in June after undergraduate exams have finished, colleges host May Balls and June Events. Tickets can be expensive and hard to get hold of, garden parties or alternative events are available.

Michaelmas/Lent/Easter: These are the names for the three terms in Cambridge, Easter term is also referred to as exam term.

Supervisions: Small group tutorials (2 to 3 students), PhD students may be asked to give undergraduate supervisions by their department, can be well paid.

Varsity: Usually used to describe sports matches between Oxford and Cambridge, such as the boat race.

Meet the Committee



Elisabeth - Speaker
Series Officer
mcr.speakers



If you would like to email any of the MCR Officers you can reach them by adding @newn.cam.ac.uk onto the end of the mcr.(role) written under their name. For general enquiries the best people to contact are the president or the secretary (in bold).

The MCR Committee is composed of graduate students who are studying at Newnham, just like you. We organise, with your help, all the MCR activities in which you will be participating this year. These include social events (see below), theme talks, and an annual career event. We also represent the graduate community on various college committees.

Committee Positions

- President
- Secretary
- Treasurer
- External Officer
- Governing Body Rep
- Social Secretaries (x4)
- Speaker Series Organiser
- Welfare Officers (x2)
- Environmental Officer
- International Officer
- Women's Officer
- LGBTQ+ Officer
- IT Officer

According to the MCR Constitution, with the exception of President, Secretary, Governing Body Representative, Treasurer and IT Officer, all of the positions on the committee are available for two people as a job share. So if you and a friend share a passion for recycling, or you want to get involved but share the time and work commitment with another person, consider standing as a pair! Equally, if certain roles are not filled by the election, they can both be filled by the same committee member.

If you are interested in being on the next MCR Committee contact the President, on: mcr.president@newn.cam.ac.uk or just speak to anyone on the Committee.

The elections for the new committee will be held in mid-October - look out for the announcements. Think about standing for election even if you've just arrived, we would love to welcome some new people with new ideas onto the Committee. It's also a fantastic way to meet other MCR members and make lots of friends in College!

Health & Welfare

Welfare Officers: MCR welfare officers as well as CUSU and GU officers. Organise welfare events and offer free sexual health supplies to students.

Newnham College Counsellors: Newnham employs a part-time counsellor Elrika Erasmus, who students can contact for short-term support.

Graduate Tutor: All students are assigned a Tutor who is responsible for their general welfare and can provide help and advice relating to the college.

Selwyn College Chaplain: Newnham is a non-denominational college and so doesn't have its own chapel, but Newnhamites are welcome to visit Selwyn Chapel and talk to the chaplain Rev Canon Hugh Shilson-Thomas.

Disability Resource Centre: Offers advice and support for students who identify as having a disability, including access arrangements, academic resources and assessments.

University Counselling Service (UCS): A team of trained and accredited counsellors and therapists available free to staff and students. Offers both group sessions and one-to-one support.

Student's Union Advice Service (SUAS): Offers free, confidential, impartial support to all students, open 9-5 weekdays for appointments, or Tuesdays and Thursdays 12-2 for drop-ins.

Newnham Walk Surgery: All students are strongly encouraged to sign-up with a GP during their time in Cambridge, luckily we have a surgery located just outside the college.

Lime Tree Clinic: A specialist sexual health clinic on Mill Road in Cambridge, offers support and advice as well as emergency contraception and STI testing.

Student Complaints: If you ever need to report a change in your fitness to study or any form of harassment or sexual misconduct involving staff or students of the university you can do so through the student complaints system.

Useful Websites:

www.cusu.co.uk/support/welfare

www.disability.admin.cam.ac.uk

www.counselling.cam.ac.uk

www.studentadvice.cam.ac.uk

www.studentcomplaints.admin.cam.ac.uk

Clubs & Societies

In College...

Newnham College Boat Club: ncbc.lbc@gmail.com

Newnham College Amateur Football Club: jdew3@cam.ac.uk

Newnham Netball: kb621@cam.ac.uk

Newnham Lacrosse: abc36@cam.ac.uk

Newnham-St. John's Hockey Club: aj512@cam.ac.uk

Penguins Ultimate Frisbee: kzag2@cam.ac.uk or st710@cam.ac.uk

Christian Union: ifmm@cam.ac.uk

Raleigh Music Society: hd384@cam.ac.uk

Newnham Art Room Society: rm879@cam.ac.uk

University-wide....

Cambridge Union: The oldest debating society in the world, often hosts famous actors and politicians, £150 life membership - www.cus.org.

Cambridge University Language Program (CULP): Offers language courses from beginners to advanced level, prices vary, includes Japanese, Arabic, Russian, Greek, Chinese, Persian and more.

GU Yoga: Free yoga classes are run by the graduate union, visit their website for more information - www.gradunion.cam.ac.uk/

To find out more...

CUSU Freshers' Fair:

2nd & 3rd October,
Parker's Piece & Kelsey
Kerridge Sports Centre,
10am to 4pm



Accommodation

Carmefield:
Wordsworth Grove,
8 bedrooms



Eva Smith:
Grange Road,
9 bedrooms

Grange Gardens:
Grange Road, Flats
of 4 bedrooms



Accommodation

Holly Cottage:
Clare Road,
5 bedrooms



Rosalind Franklin Building (RFB):
Blocks of 9 bedrooms



Whitstead:
College Sports Field, 16 bedrooms



Accommodation

**Wordsworth
Grove:**
9 bedrooms



The exact furniture in your room will vary, but everyone should have:

- Bed and linen: 2 pillows, sheets, pillow cases, duvet, duvet cover (extra blankets are available from the linen room)
- Desk and chair
- Storage (e.g. wardrobe, shelves, chest of drawers)
- Table lamp
- Pin board
- Bin

When you arrive you should have an inventory in your room that you should go through carefully to check that all items are listed correctly and in the stated condition. You should definitely make changes to the inventory if you think anything is incorrect.

If you are having trouble finding accommodation in Cambridge then contact the university Accommodation Service:
www.accommodation.cam.ac.uk.

Food & Drink

KFC: Kitchen Fixed Charge, a subsidy towards the buttery, paid at different rates for those living on and off-site. It is paid termly and not charged over the long summer vacation. See the next page for choosing KFC options (base versus pre-payment amounts for meals in the buttery).

Buttery: This is the college's main cafeteria and offers full cooked meals at subsidised prices. Guests can eat in the buttery, but must pay an extra £1 for student guests or £1.60 for visitors.

Opening Times

Lunch - 12:30pm to 1:45pm
Dinner - 6:30pm to 7:30pm
7 days a week
Brunch - 11:30am to 1:45pm
Sundays during Term

Prices (2017/18)

Meat or fish main: £2.40
Vegetarian main: £2.35
Sides: 70p each
Dessert: £1.30
Brunch: five items for £2.45

Cafe: The Dorothy Garrod Building has a new café, that will serve coffee, cakes and paninis during the day, becoming a student-run bar at night.

Grad Supper: During Full Term, graduates are invited to a buffet supper (6.30-7.30) in Hall on Tuesdays. Grad Suppers are free for Newnhamites. You can also bring friends along (their meals are charged to your college bill). You must sign up via the Formal Hall booking system on the Newnham College webpage if you wish to attend. You must sign in at the door with your student card on arrival. To minimize waste, anyone who misses two graduate suppers they have registered for in one term will be charged the price of the meal.

Formal Hall: Formal Hall is a three-course meal (plus tea/coffee and mints) served to you by the catering staff in the beautiful Clough Hall. You are expected to wear your gowns and most people dress up nicely too. You can bring up to 2 guests to any weekly formal. One bottle of wine can be brought into the hall per two people with a corkage fee of £1. Each year you will also be able to attend a Subject Formal. All undergraduates, graduates and senior members of your subject are invited to this formal, and you all sit together at the High Table. Costs £11.30 for Newnhamites, £12.95 for guests.

Graduate Hall: Special formal once or twice per term just for graduates and their guests.

To book formals and Grad Supper: <http://itservices.newn.cam.ac.uk/formal-hall/mealbooking.php> Here you can declare any dietary requirements for you and your guests. You can also view the menu for the night, look at dates for upcoming formals, and review the guest list. The more popular formals (e.g. Christmas Formal) tend to fill up quite quickly, so make sure you book early if you want to attend!

Formal Swaps: Several times a term the social secretaries will advertise tickets to formals at other colleges, we go as a group from Newnham, ticket prices vary, and in return the other college comes to us for dinner and drinks.



HOW DO YOU FEEL ABOUT THE BUTTERY?

I occasionally use the buttery



I really like the convenience of using the buttery alongside our self-catering facilities

HOW OFTEN DO YOU WANT TO EAT IN THE BUTTERY?

3-5 meals a week would suit me!



Almost daily would be great!



THE BUTTERY OPEN HOURS

Lunch: 12:30 - 1:45

Dinner: 6:30 - 7:30

These work!
I'm frequently in or near college at these times

HAVE YOU HAD A CHANCE TO LOOK AT THE BUTTERY MENU?

Sometimes prefer to self-cater

Yes! Most of the meals suit me

Sometimes not here at lunch/dinner



HOW DO YOU FEEL ABOUT EATING IN THE BUTTERY EVERY DAY?



Hmmm... I think I'd like a few meals off



College Facilities

MCR: A common room for all Newnham graduate students, with a kitchen (kettle, microwave, crockery and cutlery), sofas and chairs, a tv and sound system. This is for Newnham students to use as a relaxing/studying or socialising space. You can book the MCR for Society Events and the committee regularly use the MCR to host events (like pre-formal drinks). There are also lockers available for those who live outside of college.

WiFi: Newnham has a guest wifi network that you can join without a password. But for fast internet you should get connected to the university-wide eduroam network. The instructions can be found at help.uis.cam.ac.uk/service/devices-networks-printing/network-services/wi-fi

Music Practice rooms: These can be booked through the porter's lodge, music rooms should not be used after 11pm. Students wishing to use the grand pianos should contact the Raleigh Music Society (see pg. 6).

Old Labs: Originally built to allow the ladies of Newnham to do laboratory-based scientific work, this is now used for performing arts. You can book the Old Labs for performances or rehearsals.

The Art Room: Offers free art supplies for students including paints, paper, easels, paintbrushes, canvases, sewing machines and craft supplies. To gain access to the art room you must have an induction with the Newnham art society.

Gym: We have a brand new gym in the Dorothy Garrod building, to get access to the gym students must attend an induction session. These are held at the start of each term and you can sign up here: apps.newn.cam.ac.uk/ofms/gym/.

Linen Room: Here you can exchange dirty linen for clean on a weekly basis. The term-time opening hours are 8 - 10:30 am Monday, Tuesday, Thursday, Friday and 1 - 2.30 pm Wednesday. At the end of term there will be extra opening times on Saturdays.

Laundry: All graduate accommodation will have free laundry facilities, usually in the kitchen but RFB has a separate laundry room in Block A.

Gardens: Everyone is welcome to use the Newnham gardens throughout the year. In the Summer there is a BBQ by the sports field that can be booked out by students.

Bar: The bar can also be booked out by students for events, for all bookings visit apps.newn.cam.ac.uk/ofms/srb/book.

Who's Who at Newnham

Maintenance: The maintenance department keeps the college running smoothly, fixing heating, repairing broken furniture and stopping water leaks. To report a problem to maintenance just visit: app.casc.cam.ac.uk/rms_live/. If you are reporting a serious issue, for example, a flood or gas leak, please ring the Porters' Lodge immediately for assistance on: 01223 335700. The head of maintenance is the buildings manager Andy Kite.

Porters: The porters are available 24 hours a day for emergencies, or just for a chat. The head porter is Cheryl Bowran and she can be contacted at head.porter@newn.cam.ac.uk. Call them on:

Tutorial Office: The Tutorial Office is at the heart of keeping Newnham running smoothly and is a friendly and efficient office run by Victoria Argent and her assistant Sarah Loveday. You'll be getting a lot of email from them! They organise accommodation, exams, take most of your forms etc. They're located on the ground floor of the Dorothy Garrod building. Email them at tutorial.office@newn.cam.ac.uk.

IT Office: The IT office can help with anything computer and internet-related! You can email them (helpdesk@newn.cam.ac.uk) call them (01223 335743) or pop in (they're located on the Ground Floor of the Dorothy Garrod building).

Catering: The catering team take care of all the food provided at Newnham, including the buttery, formal halls and graduate supper. If you have any queries about the catering at Newnham (especially any special dietary requirements), do not hesitate to contact the amazing catering team! They also always happy to receive feedback. Peter is the catering manager and can be reached at catman@newn.cam.ac.uk

Housekeeping: The housekeeping office is open Monday to Friday 8am am – 4pm. The head housekeeper is Sheana Yardy.

Conferences & Events: If you want to host a conference or an official event at Newnham, Marilyn Dowling is the women you need to speak to! She coordinates all the conferences/events that take place at the college - you can email her (conference@newn.cam.ac.uk).

Academic Information

Study Spaces...

Newnham library:

Library Opening Times (7 days a week)
Term - 6:30am to 1:45am
Vacations - 6:30am to 11:45 am
Staffed hours: 9am to 1pm & 2pm to 5pm
Monday to Friday



UL: The main university library is located on West Road, a short walk away from Newnham - you just need your university card to get in.

Departmental libraries: Most Departments will have their own libraries, catered towards specific research needs. For information on all the Cambridge University libraries, see the main libraries website <https://www.libraries.cam.ac.uk/>

Coffee shops: There are lots of lovely coffee shops in Cambridge to work in (although they are popular, particularly in term time!). Favourites include Hot Numbers, the Waterstones cafe, Cafe Nero and Michaelhouse Cafe. If you want to search Cambridge for good places to work visit spacefinder.lib.cam.ac.uk



Full Term Dates...

Michaelmas: Tuesday 2nd October - Friday 30th November
Lent: Tuesday 15th January - Friday 15th March
Easter: Tuesday 23rd April - Friday 14th June

Research Support...

To make sure you're getting the best out of your time in Cambridge check out the code of practice for research students at: www.cambridgestudents.cam.ac.uk/files/cop_research_1819.pdf

Guide to Cambridge

Transport...

Whippet Route U bus: £1 for University Card holders, Madingley Road park and ride to Addenbrookes (via train station)

Taxis: There are several good taxi companies in Cambridge, namely Panther Taxis, CamCab and Uber. You can get a taxi back to college and the Porters can charge the taxi to your college account in an emergency.

Train Station info: Trains run regularly (~every 15 minutes) to either London Kings Cross or Liverpool Street. There is also the Stansted Express which gets you to Stansted Airport within 40 minutes. You can get cheaper tickets by booking ahead.

Coaches: National Express coaches from Parkside Bus Station to all the major airports and other UK cities. They can often be cheaper than getting the train, although journey times will be longer.

Bike: See pg. 17 for bike information!

Shopping....

Groceries: Sainsbury's Sidney Street, Co-op Granchester Road

Gown: Ryder & Amies, Ede & Ravenscroft, CUSU resale (
<https://www.gradunion.cam.ac.uk/facilities/gown-shop>)

Special dietary requirements: Revital, Holland & Barrett

Stationery: Ryman, WHSmith

Bookshops: Heffers, Waterstones

Homeware & cooking: TK Maxx, John Lewis, Lakeland, Wilko

Cheap toasters, kettles etc: British Heart Foundation Furniture & Electrical, East Road, near Grafton Centre, Wilko

International supermarkets: Cho Mee, Seoul Plaza, Al-Amin, and many many other shops on Mill Road

Fun stuff: Disney Store in Grand Arcade, Department of Magical Gifts (Harry Potter) in Guildhall tourist information centre

Things to do....

Botanic gardens: free with Uni card

Museums: Fitzwilliam, MAA, Zoology, etc. mostly free entry,
www.museums.cam.ac.uk

ADC Theatre: student plays, musicals and comedy (bit of an institution)

Cambridge Arts Theatre: non-student theatre in town near the market square

Cambridge Corn Exchange: live music and comedy gigs

Cambridge Junction: live music

Kettle's Yard Gallery: art gallery with free entry

Nightclubs: Kuda (Life), Ballare (Cindies), Lola Los, Fez

Arts Picturehouse Cinema: Buy a student membership to get a discount on drinks and free tickets, also hosts free screenings for Slackers Club - tends to book out quickly.

Kings Chapel and other colleges: University card lets you bring up to 2 guests into any college for free.

Granchester Meadows: Lovely walk along the river starts near to Newnham and ends at the Orchard tearooms where you can buy great scones

Punting: Scudamores do a student discount and the punts by Trinity are the cheapest we've found

St John's Picturehouse: Student-run cinema in St John's college, £4 tickets

Popular Places to Eat Out*: Rainbow Vegetarian Cafe (V,GF), Pho (V,GF), Jack's Gelato (V, GF), Honest Burgers (GF), Aromi (V), Market Square Stalls - everything from noodles to waffles to ostrich burgers.

*V=Vegan options, GF=Gluten free options

Cycling in Cambridge



Cambridge is famous for cycling and it definitely is the cheapest, most convenient and eco-friendly way to get around the city!

Second hand bikes are everywhere in Cambridge and you don't have to spend a lot of money to get a decent bike. You can use Gumtree, or there is a list below of good second hand bike shops. There are also quite often a lot of bikes being sold within college, so keep an eye on the MCR Facebook page. You can also rent bikes for short or long periods of time. The city has also recently introduced OFO bikes - like the famed Boris bike in London - these can be rented for 50p per hour using the OFO app (<https://www.visitcambridge.org/visitor-information/getting-around-cambridge/ofo-bike-sharing>).

Buying a bike: <http://www.bikeshedcambridge.com/products/refurbished-bikes/>
<http://www.thebikeman.co.uk/>

Renting a bike: <http://www.citycyclehire.com/>

A few other things you should invest in if you are going to cycle:

- Bike lights (it's a legal requirement)
- A decent lock
- A helmet (very important for your personal safety)
- Reflective clothing
- Waterproof trousers

Bike maintenance:

If anything happens to your bike the best thing to do is take it back to the shop you bought it from. There are many many bicycle repair shops in Cambridge - often it's best to go off a personal recommendation. Any of the shops listed above do bicycle repairs

If you buy a bike you need to go and speak to the Porters to get it registered with the college!

International

International Student Office: www.iso.admin.cam.ac.uk

Visas: If you are on a Tier 4 student visa you will need to collect your BRP (see Welcome Week schedule - booking required). You also have to sign in with the tutorial at the beginning of each term, take along your BRP and passport for the first time. We'll send you an email reminder when this needs to happen. Any questions about visas contact the international student office.

Bank accounts: see Money Matters section.

Phone: there are lots of options for getting yourself a simcard and/or phone. Giffgaff are a good starting point, online order sim-only company with plenty of different budget options, there are also lots of companies in town who can set you up - BT mobile, EE, O2, Tesco, Three, Sky, Vodafone and Virgin etc.

More info:

<http://newnhammcr.soc.srcf.net/international.html>



The Newnham Roll & Associates

The Roll is Newnham's Alumni association, which you automatically get membership of when you graduate. The Roll Committee is a group of volunteers, elected by members of the Roll, who meet to organise activities to keep members in touch with one another and with College. The Roll Committee's mission is to "keep the alumnae in contact with one another and with Newnham College in order to provide friendship and support, to promote Newnham College and assist its development". The Committee arrange alumnae events (such as garden parties and family days) and contribute to new initiatives in College (such as the wartime archive and the 50s and 60s memories projects). A number of regional convenors bring Newnham alumnae together in different parts of the UK and the globe. So even if you move away from the UK you can still stay in touch and active in the Newnham community! If you'd like to learn more about the Roll and alumni, get in contact with the Roll and Development Office (in the Dorothy Garrod building - roll@newn.cam.ac.uk).

Careers may not be the first thing on your mind right now, but when you are ready to think about this, the Newnham Associates are a valuable – and approachable! - source of help and advice. They are a group of 60 elected Newnham alumnae, who have volunteered to support Newnham and its students. They represent a wide range of interests and careers, ranging across all sectors and including academia. Associates have a real and very friendly interest in mentoring and advising students; supporting them during their time at Newnham and beyond. The Associates run occasional career workshops at Newnham, which are well publicised, so do come along to these. Past topics have included time management, career planning, interview techniques and building your confidence. They also participate in subject-specific networking and advisory activities, liaising with Directors of Studies. A good way to get in touch at other times is by checking out their website on www.newnhamassociates.org.uk, particularly their 'Find an Associate' section. This links you to members who studied your subject, and are involved in areas you might want to work in after your time at Newnham. You can also search for particular kinds of help Associates may be able to offer, such as advice on CVs and work-shadowing opportunities. The Associates are also occasionally able to give limited financial support to selected student initiatives which enrich the life of the College, such as societies and student events. Associates have an enduring passion for Newnham, which they are keen to share with you!

Student Unions

Graduate Union (GU): The GU is the University-wide representative for graduate (and mature) students. The GU is run by a board of elected students and sabbatical students who represent the interests of graduate and mature students. They run activities, campaigns, provide essential services and are the voice of the graduate student body!

For more information about the GU, and to get into contact with them please see their website: <https://www.gradunion.cam.ac.uk/> or visit them at 17 Mill Lane.

Cambridge University Students Union (CUSU): CUSU are the university-wide representative body for all students (undergraduate and graduate), including all the college JCR and MCRs. They are led by six elected officers who have all studied at Cambridge. To find out more about CUSU, or to get into contact with them please see their website: <https://www.cusu.co.uk/> or visit them at 17 Mill Lane.

Alternatively, for more information about both the GU and CUSU you can contact the Newnham MCR External Officer (mcr.external@newn.cam.ac.uk).

Money Matters

There are lots of different avenues for financial support both for your research (including conferences, travel, equipment etc.) and personally whilst at Cambridge. We suggest that you check with your department and funding body for further small research grants and if they offer conference funding.

More information can be found on the MCR website, and the university web pages. We'll briefly list some options from college here, but if you're unsure of what's available talk to your college tutor and the tutorial office.

<http://www.newn.cam.ac.uk/admissions/graduates/funding-financial-support/>

The MCR do have small grants for sportswomen to cover the cost of buying equipment, competition travel etc. and these will be advertised when open.

Every year, Newnham offers a number of substantial studentships for students registered or about to register for an M.Phil or Ph.D., up to three years duration.

<http://www.newn.cam.ac.uk/admissions/graduates/funding-financial-support/studentships/>

As well as major studentships and grants, Newnham offers awards for academic-related travel, academic research and university sport throughout the academic year. A number of prizes are also available for examples of outstanding scholarship, and which may be awarded in addition to any other funding received from the College.

<http://www.newn.cam.ac.uk/admissions/graduates/funding-financial-support/awards-prizes/>

As well as major studentships and awards, Newnham offers book grants, travel and research grants, equipment grants and funds for music throughout the academic year.

<http://www.newn.cam.ac.uk/admissions/graduates/funding-financial-support/grants/>

Book grants are annually awarded (usually in Lent) and the tutorial office will email around when these are open for submissions.

Funding for conferences and other related research travel are open all year round and run on a capped upper amount per student per academic year of £750. Forms are available from the tutorial office. They are awarded retrospectively for up to 60% of your expenditure not covered by other sources of funding, and receipts are required.

Newnham and the university also have welfare and hardship funds for students who are experiencing unexpected financial hardship. Go to see your Tutor, who will discuss your problem with you and endorse the application. Your case is sent anonymously to the GARS Committee, who make a decision based upon your circumstances and Tutor's recommendation. The Student Registry also makes awards from its hardship fund
- <https://www.cambridgestudents.cam.ac.uk/fees-and-funding/financial-hardship-support-access-funds/hardship-funding>

Money Matters

Bank Accounts:

There are a range of banks in Cambridge; the services available to you may differ depending on whether you are a British or an international student. Opening a bank account can be very hard for international students due to recent money-laundering legislation. You will require your passport or ID card, a letter from college stating your full name, college address, home address and course of study. Standard college letters can be obtained from the Tutorial Office. You will need to fill in one of their bank forms for this. With your current account you'll get a debit card that not only allows you to withdraw money free of charge from most cash dispensers in the country, but can also be used as a credit card. You can even use it to book flights online and avoid the extra charge that you normally have to pay when using a credit card.

- **NatWest Bank:** 23 Market Street, Tel: 08453 020797, or 56 St Andrews Street, Tel: 08453 020798 Opening hours: Mon to Fri 09.00-16.30; Sat 10.00-15.00
- **Santander:** 60 St Andrews Street, Tel: 08457 654321 Opening hours: Mon to Fri 09.00 (Wed 10.00) -17.00; Sat 09.00-16.00
- **Barclays Bank:** 30 Market Hill, Tel: 08457 555555 Opening hours: Mon to Fri 09.00-17.00; Sat 10.00-16.00
- **Co-operative Bank:** 75 Burleigh Street, Tel: 01223 316289 Opening hours: Mon to Fri 09.30-17.00; Sat 09.30-13.00
- **HSBC:** 63-64 St Andrews Street, Tel: 08457 404404 Opening hours: Mon to Fri 09.00 (Tues 09.30) - 17.00 (Wed 18.00); Sat 09.00-17.00
- **Lloyds TSB:** 3 Sidney Street: Tel: 08453 000000 Opening hours: Mon to Fri 09.00 (Wed 10.00) – 17.00; Sat 09.00-16.00
- **Metro Bank:** 1 Christ's Lane, Tel: 020 3402 7780 Opening hours: Mon to Fri 08.00-20.00; Sat 08.00-18.00; Sun 11.00-17.00
- **RBS:** 28 Trinity St, Tel: 01223 464424 Opening hours: Mon to Fri 09.15 (Wed 09.45)-16.45; Sat 09.00-13.00
- **Halifax:** 32-33 Petty Cury, Tel: 0345 600 3934 Opening hours: Mon to Fri 09.00 (Wed 09.30)-17.00; Sat 09.00-16.00

Arrival To Do List

- Collect your student card (Camcard) from the plodge
- Connect to Eduroam
- Login to your Hermes webmail
- Return signed room license and inventory
- Collect your BRP (internationals)
- Check CAMSIS for your college tutor and mentor
- Register your bike with the porters
- Get yourself a gown
- Find your department
- See Anne (college nurse) and register at Newnham Walk doctor's surgery
- Set up a phone number and bank account (internationals)
- Check out CUSU Fresher's Fair
- Come along to some Newnham MCR Freshers events
- Have fun!

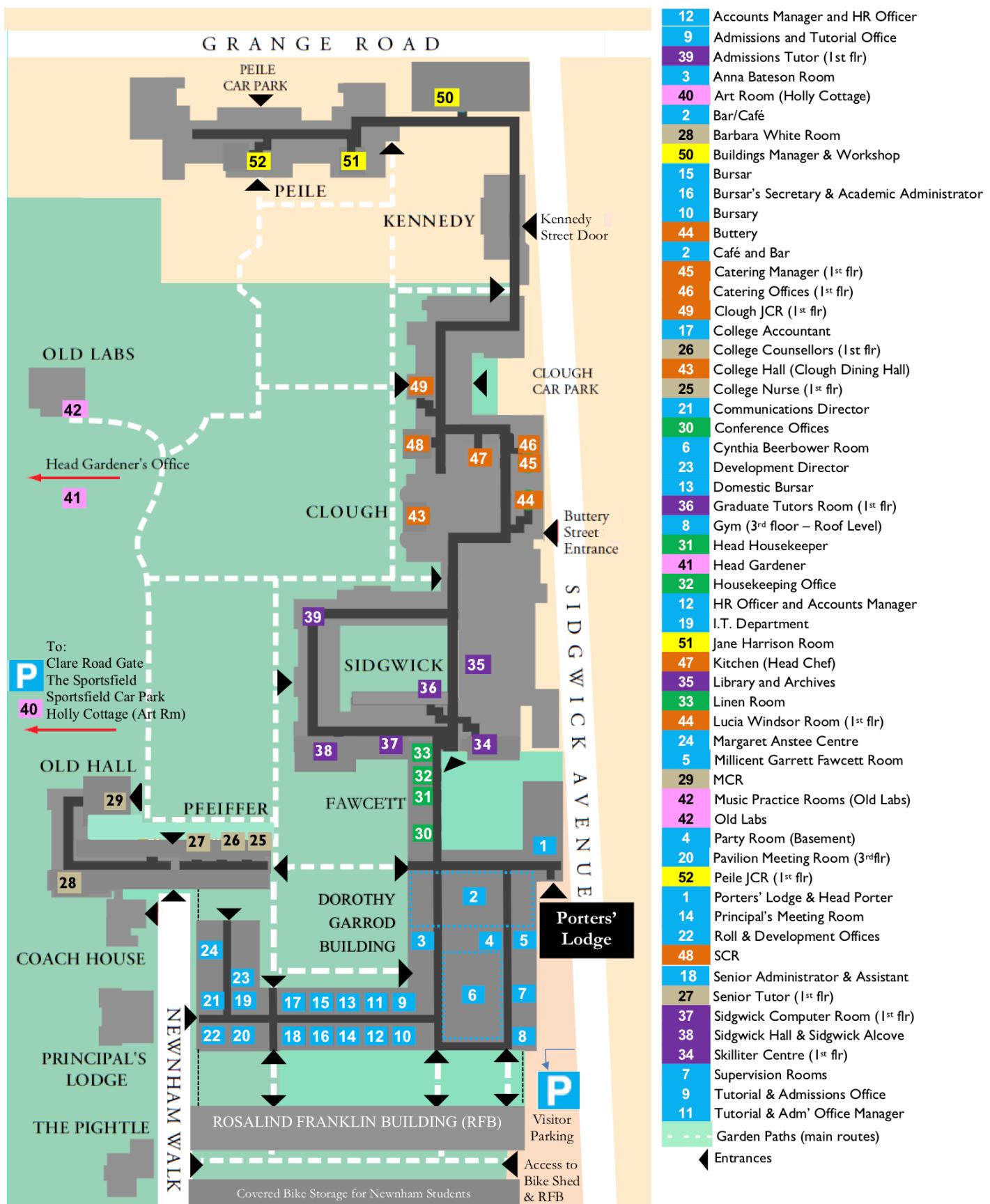
UK Grad Life Hacks

Here are some memberships and deals which make student life easier. If you're outside the stated age range you can get a letter from college to obtain most of these cards as a 'mature' student. Ask the MCR committee if you have any questions

- **16-25 railcard** (don't need to be that age if you're a full time student) - gets you up to 1/3 off rail travel in the UK - PS link it with your OysterCard at a Tube office for TfL discounted travel in London
- **National Express Young Persons coach card** - cheaper coach travel (check if your bank gives you one for free)
- **NUS extra card**- National Union of Students (UK wide), lots of great student discounts at shops and online including 10% off at the Coop, cheaper railcards (above), Megabus, YHA membership and much more!
- **Unidays** - another (free) student discount source which requires verification through your Cambridge email address (discounts on ASOS!) and gives you online voucher codes, also has an app for in store purchases too, likewise try **Student Beans** their competitor
- Also use your Cambridge student email to get student **Amazon Prime membership** - access to lots of included movies, TV shows and free 1 day delivery on some items
- **English Heritage student membership** - cheaper castles!!!
- **Cambridge Freecycle** - an online network a bit like Craigslist which is committed to reducing waste by sharing and giving away unwanted food and other items
- Get a **loyalty card for your supermarket** of choice (Coop/Sainsburys/Tesco) to gain points, get discounts/cashback and perhaps consider delivery membership deals to reduce delivery costs especially if shared with your housemates
- Buy a **secondhand gown** - check the Newnham facebook groups, Freecycle or go to Ryder and Amies in the first week (make sure its the correct type - BA gown for under 24s, MA gown for 24+ or if previous Cambridge degree)



Newnham College Map



Further Information

For more information and updates see the following websites and social media profiles:

Newnham MCR

<http://newnhammcr.soc.srvcf.net>

Facebook:

- General -
https://www.facebook.com/groups/194427010636249/?ref=br_tf
- Newbies -
https://www.facebook.com/groups/261658687992844/?ref=group_header
- Social Events -
<https://www.facebook.com/Newnham-MCR-Social-events-2115266822034478/>

Instagram @newnham_mcr

Cambridge University

- <https://www.cambridgestudents.cam.ac.uk/>
- <https://www.cusu.co.uk/>
- <https://www.gradunion.cam.ac.uk/>
- @camdiary (both twitter and instagram)
- @Cambridge_Uni (twitter) or @cambridgeuniversity (instagram)

Credits – Vikki Jennings, MCR Committee 1995; Becky Kershaw, MCR Committee 2014; Eva Higginbotham, MCR Committee 2016; Sam Leggett and the MCR Committee 2017-2018; and various MCR committee members over the years, as well as the Graduate Tutor and the Tutorial Office.

Newnham College

<http://www.newn.cam.ac.uk/>

Instagram @newnhamcollege

Twitter @Newnham_College

Roll and Alumni accounts:

Instagram @newnham_roll

Twitter @NewnhamRoll

Other college accounts:

@NewnhamSLO (twitter)

@newnham_jcr (UG instagram)